GULF DEFENDER



Vol. 65, No.10

Tyndall Air Force Base, Fla. Home of Air Dominance Training

March 10, 2006

In brief

PSD briefings

Briefings for the new Personnel System Delivery are 3 p.m. Monday, 3 p.m. Wednesday and 9 a.m. March 17 at the NCO Academy auditorium. Briefings will also be held 9 a.m. Tuesday and 3 p.m. Thursday at the 53rd Weapons Evaluation Group auditorium. All active-duty members must attend one of the briefings, and civilian employees who work with personnel matters are encouraged to attend. For more information, contact your unit's commander support staff.

OIF photos needed

In honor of the three year anniversary of Operation Iraqi Freedom, the *Gulf Defender* would like to publish digital photos or stories by Tyndall Airmen who have deployed to Iraq. If you would like to see your pictures or experiences published, contact us at editor@tyndall.af.mil or call Public Affairs at 283-4500.

What's inside



NCO Academy students, staff get their 'kicks' ... PAGE 12

SVS combat support flight helps troops here, overseas ... PAGE 17



Chrissy Cuttita

On target

Capt. Chad Senior and 2nd Lt. Michael Fazio, Air Force Combat Dive Course students, practice tactical maneuvers on shore after a subsurface dive on the coastline of the Naval Coastal Systems Station, Panama City Beach. They and their classmates completed the first Air Forceowned dive course for special operations Airmen. For more information on the Combat Dive Course, see Pages 10-11.

New 'hands-free only' cell phone regulation on hold

1ST LT. J. ELAINE HUNNICUTT
325th Fighter Wing Public Affairs

The Department of Defense policy requiring a hands-free device to use a cell phone while operating a vehicle on military installations is now on hold at all AETC bases.

Tyndall will begin implementing the policy late April, per direction from Headquarters AETC dated March 3.

Security forces will not ticket individuals seen using a cell phone without a

hands-free device until late April, but everyone is encouraged to begin using the devices now.

Due to the unique circumstances of Highway 98 being subject to joint jurisdiction, possible enforcement in that area for DOD members is being reviewed by Tyndall officials and will be determined prior to the enforcement date.

More information will be released in the coming weeks.

Congratulations to Tyndall's newest majors!

(The following captains were selected for promotion March 3.)

Gilbert Acosta 325th FW James Akers 2nd FS Matthew Berggren 325th OG James Bishop 325th AMXS **Hector Colon** 325th FW Michael Garrett 325th ACS Mark Holmes 325th ACS Stacy Kreuziger 325th OSS Brian Laidlaw 1st FS Joseph Meaux 325th OSS David Owen 325th ACS **Gregory Pickette** 2nd FS William Roach 325th ACS Gordon Sawser 2nd FS David Seitz 325th AMXS Chad Spellman 95th FS 325th ACS Kelly Strong Katrina Terry 325th CS Mark Wolfe 325th FW Matthew Zamiska 2nd FS

Congratulations to Tyndall's newest senior master sergeants!

(The following master sergeants were selected for promotion Wednesday.)

Alberto Boykin 325th MDOS David Brett 325th MSS Darell Brewer 325th MXG Larry Buchanan 325th MDSS John Castriotta 325th ACS **Edward Doss** 325th SFS Terry Gabbert 325th MXS 325th AMXS Mark Heath Michael Hobbs 53rd TSS 325th ADS Martin Mazurek 325th FW Steven Ray Anthony Simmons 325th CS 325th FW Richard Street Roger Uptegraft 83rd FWS Stephan Wegfehrt 325th ACS

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2nd Lt. Amanda Ferrell

Funny bunny

The Easter Bunny is hopping to Tyndall. Parents can bring their children to the Arts & Crafts Center for pictures with the Easter Bunny beginning 10 a.m. March 18. To reserve a seating time for 8"x10" photos, call 283-4511.

Identify this...



Can you identify this object? If so, send an e-mail to editor@tyndall.af.mil with "Identify This" in the subject line. Three correct entries will be chosen at random and drawn from a hat to select the final winner. The prize can be claimed at the Public Affairs office.

The winner for the March 3 "Identify This" is Maj. Ryan Luchsinger, 53rd Weapons Evaluation Group. He correctly guessed it was a wheel of an F-15 Eagle. Come claim your prize!

ON THE **STREET**

325th Air Control Squadron focus:

In light of Women's History Month, what would you do to leave your mark on our nation's history?



"Inspire others to realize their potential and make their lives better."





"To contribute to the peace process in Iraq."

Airman 1st Class Jessica Breedlove

Pilot simulator technician



"Increase knowledge to broaden perspectives and create a greater acceptance for one another."

2ND LT. JULIANA BRUNS
Air battle manager student



"Continue to make an impact on Airmen by preparing them for deployments to Iraq."

STAFF SGT. JESSICA PRICE Unit deployment manager

Gulf Defender Editorial Staff

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Editorial content is edited, prepared and provided by the 325th Fighter Wing public affairs office. Photographs are U.S. Air Force photos unless otherwise noted.

The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or e-mailed to editor@tyndall.af.mil. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

Airmen should be more like Joe, make most of AF

Lt. Col. George Zaniewski

325th Aircraft Maintenance Squadron commander

A few years ago a very good friend of mine told an unforgettable story at his retirement ceremony, and I've retold that story a million times since.

He said he enjoyed his career; the people he met, the places he got to go and most of the jobs he had. But he did regret one thing—he just muddled through in his younger days. Later in his career he discovered the more he poured himself into his job and got involved with his Air Force family, the more he got back. If he could go back and start again, he'd be more like Joe, he said.

My retired friend said on any given day you'd find Joe at the local pizza joint, a town favorite. It was a place where teams gathered after the game, families met for a fun meal together and teenagers took their dates before they went to the movies. The food was good, the price was right and the staff was friendly and always willing to stop and talk awhile, as if you were the most important customer they had.

Joe was unlike any other employee, my friend said. From the day the pizza place first opened its doors, he was the one there before everyone else and left long after all the other employees were gone. Joe never cared what his job was supposed to be. He did whatever it took to make the place run. He cleaned tables when they were dirty, ran the register when the cashier got sick, helped make the pizzas when there was a rush and did the books alone at night long after all the other employees had gone home.

Why?

Because Joe's name was on the door, and ownership wasn't just his job, it was his life. Joe's Pizza was successful because he made it that way, by diving in and making a name for himself, and that's why his pizza place was the best in town. He also made sure the back of his T-shirt had JOE printed in big black letters so all would know he was the guy to talk to if something wasn't right.

How many times in your Air Force career have your heard, "It's not my job" or "I can't do that because I'm not a high-ranking Airman"?

We have some great folks doing awesome work but there are others who think it's just a job and not a commitment. Military members are different types of employees – they are warriors. We've all taken an oath and on that very day offered up our lives to protect and defend this great nation. That sets us

apart and makes us special.

But so many still haven't dived in and immersed themselves as a servicemember. They are still playing at the margins and hoping to get by. They haven't put their name on the door.

So where are you in your Air Force journey? Are you just muddling along or are you more like Joe?

Joe's the one who finishes what he has to do and walks next door to see who needs help. Joe's the one who sees a broken process and does all he can to get it changed. Joes are the ones who see the Air Force as a way of life and not just a way to pay for life, and Joes are the ones who will get the most out of the life they've chosen.

It's about commitment, honor and being part of something so much bigger than yourself. They are the ones who can, will and are making a difference in their community – both on and off base.

My friend closed his reflections with the following advice, and I'll echo the same: Put your name on the door and wear that Air Force T-shirt with your name on the back. It's your Air Force. Immerse yourself now and when you retire after a lifetime of faithful service, you won't have that one regret.

Action Line:

Q: Is there any way they can conduct prescribed burns out of season or burn other areas during hunting season?

In recent years prescribed burning has not kept pace with accumulation of forest undergrowth that serves as fuel load for wildfires. High fuel loads translate into higher risk of impact to people, property and mission. As a result of a more robust support arrangement with the U.S. Forest Service during the past two years, we have made considerable progress in reducing fuel load. Prescribed burning

also provides the added benefit of improving the health of our forests, and improving habitat for the many plant and animal species that call Tyndall home. Unavoidably, some inconvenience also comes with prescribed burning.

Prescribed burning on a large scale during the warmer growing season months outside the hunting season is not feasible because trees are much more susceptible to fire damage during those time periods. Also, U.S. Forest Service support during the warmer months is generally not available.

The decision to burn any given area depends on a complex variety of factors, primary of which is a stable weather pattern. Stable weather patterns typically cannot be established more than 24 hours in advance of "lighting the match." Within the many constraints associated

with a burn decision, we take every possible measure to provide notification to affected people both on and off base. Notification to hunters includes posting burn maps at hunt check stations on the evening prior to the burn. Check station operators alert hunters of posted notifications indicating any conditions that may impede hunting, including prescribed burns. It is the responsibility of each hunter to understand burn notifications posted at check stations, and to remain clear of areas identified for burning.

We at Tyndall are fortunate to have such a vast array of natural resources at our fingertips. Use of these resources is a privilege that comes with the responsibility to do so safely and in compliance with the rules and regulations put in place for that reason.

Action Line Call 283-2255



BRIG. GEN. JACK EGGINTON 325th Fighter Wing commander

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers.

If you're not satisfied with the response

or you are unable to resolve the problem, call me at 283-2255.

For fraud, waste and abuse calls, you should talk to the 325th Fighter Wing Inspector General's Office, 283-4646.

Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

Below are more phone numbers that help you in resolving any issues with a base agency.

 Commissary
 283-4825

 Pass and I.D.
 283-4191

 Medical and Dental
 283-7515

283-2739
283-2276
283-2254
283-2501
283-4681
283-2036
283-4747
283-4231
283-2911
283-4117
283-4949
283-3203
283-1113

Thank you for helping me improve Tyndall and I look forward to hearing from you.

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Leaders must not forget their past

All leaders need good followers,

CHIEF MASTER SGT. WILLIAM MENHART

and most good leaders have started

325th Operations Support Squadron

out as good followers."

CHIEF MASTER SGT. WILLIAM MENHART

325th Operations Support Squadron

How often have you heard someone say, "Don't forget where you came from"?

This saying carries a lot of weight, especially within the military establishment.

The other evening I was looking for one of my most current enlisted performance reports, and I stumbled onto the first performance report I ever received. It was for the years 1981-1983, and I was just a kid back then. I don't believe the rating chain at the time thought they were writing about a future chief master sergeant; they were just trying to make an air traffic controller out of me.

The older I get, and the longer I stay in the Air Force, I think more about the patience and caring attitude my early supervisors had with me. They saw potential, and they worked on developing and honing that

potential into what, almost 25 years later, has turned into a fair and caring leader who can make a quick decision and balance the mission needs with those of the troops.

Too often I see mid- and senior-level leaders giving up on troops way too early. Some leaders may have forgotten where they came from. With force-shaping initiatives on the table, it is sometimes even more tempting to prematurely throw in the towel and give up on some Airmen. But some of these Airmen could be strong, potential leaders if we just invested the time and cared just a little more.

There is such a thing as a natural leader, but I believe even a natural leader needs schooling and mentoring. I also believe some people are not leaders, they are followers, and they fit the role well. All lead-

ers need good followers, and most good leaders have started out as good followers. The military, however, needs solid leadership, and we must find and develop this leadership potential as early as possible, but we can't forget the late bloomers. We have so much to learn and so many duties to carry out that the late bloomers are sometimes overlooked. A good leader, however, needs to look for them and give them opportunities to lead as well.

For those of us who are leaders, we can't forget the leaders and supervisors who took us under their wings and took the time to care. They took the time to explain, to care and to shape us into the leaders of the

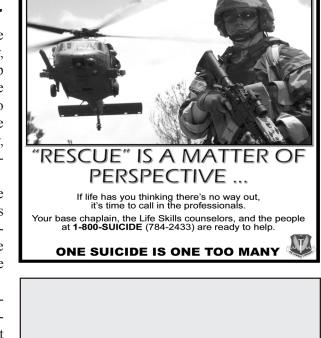
future. We must do the same.

If there is one piece of advice I can give you as current or future leaders, it would be this: Take the time to care about your troops. It pays huge dividends by fostering teamwork to get

this nation's mission accomplished. If you are up to the challenge, it will mean some long days. It means investing the time many have already invested in us.

Our job as leaders – developing leaders as well as followers – is to leave our Air Force better then it was when we joined. We must look at our past to get to our future. Don't forget the strong leaders you have had in the past; let's do all we can to develop even stronger leaders for the future. We can never forget where we have come from as an Air Force or as individuals making up the strongest military force this world has ever seen.

We are a proud force, and we build our leaders from the ground up. Leadership development takes considerable effort, but the benefits truly outweigh the invested time. Don't forget where you came from.



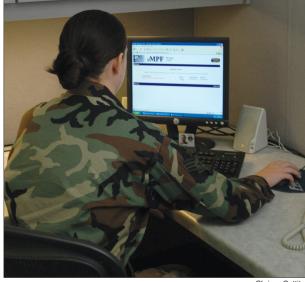


More military personnel actions available online

SENIOR AIRMAN J.G. BUZANOWSKI Air Force Print News

WASHINGTON (AFPN) — Like MyPay and LeaveWeb before, the Air Force is bringing even more military personnel flight actions online.

The process, called personnel services delivery transformation, takes effect March 31, and



Chrissy Cuttita

An Airman reviews her records on Virtual MPF.

will encompass even more options than those of the Virtual MPF site already on the Internet.

"We're making it easier and more efficient for people to conduct their personnel business without having to worry about scheduling appointments or waiting in lines at their local MPF," said Tim Beyland, the Air Force manpower and personnel director of plans and integration.

"People already do their banking online and pay their bills online, we're just taking the next step by conducting Air Force business online," he said.

The transformation is a four-phase program, beginning this month and continuing through 2011. The first phase begins with the active-duty force and is further broken up into seven segments called spirals.

Spiral 1, which goes into effect at the end of March, will move several personnel transactions Airmen usually visit their MPF for to the Web and contact center at the Air Force Personnel Center. Additional spirals will make processes available to the remaining total force, Mr. Beyland

Among the initial actions transferred online are forms for evaluation appeals, retirements, retraining and duty-history corrections. To access the new online MPF actions, Airmen just need to log into the Air Force Portal, and from there head to Virtual MPF, he said.

The goal is to move 85 percent of MPF actions online. Once the transformation begins, however, it doesn't mean Airmen still can't get personal customer service.

"There's a contact center Airmen can call 24 hours a day, seven days a week to get help when they need it," Mr. Beyland said. "PSD also doesn't mean the Air Force is doing away with MPFs – Airmen can still get help there too. But it saves the Air Force and its people time and money when MPF actions are accessible online."

To make the transition easier, personnelists and mission support squadron commanders have been sent training programs so they can better explain the transformation initiatives to their customers, which include guardsmen, reservists and civilians.

"This is a smarter way of doing business and will result in improved consistency and accuracy of information, fewer errors in people's records and expanded customer service hours," Mr. Beyland said.

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National Nutrition Month begins, Tyndall gets healthy



Chrissy Cutti

Rita Miller hosts a food demonstration at the Health and Wellness Center March 1.

CHRISSY CUTTITA

325th Fighter Wing Public Affairs

In honor of National Nutrition month, the Health and Wellness Center has a calendar of activities available throughout March.

The campaign, sponsored annually by the American Dietetic Association, reinforces the importance of good nutrition and physical activity as key components of good health. The HAWC is providing additional classes and food demonstrations to help keep Team Tyndall healthy.

"Most people have some degree of emotional attach-

ment to what they do or don't eat," said Rita Miller, Tyndall's Health and Wellness registered dietitian. "Family habits stick with us and sometimes they don't support our overall health picture. I let people know what the science says, then help them strategize what will be the smallest changes they can make to get the most benefit."

Ms. Miller already hosted a food demonstration on healthy snack foods last week and is preparing for Friday bagged lunch discussions and another food demonstration at the end of the month.

'The scientific evidence shows that the people who are most likely to make meaningful changes to their eating habits and health picture are the ones that attend at least three nutrition education sessions," said Ms. Miller. "When I arrived at Tyndall, the report I received was that people seldom attended the follow-up sessions that were offered. So. for National Nutrition Month, I decided to offer more classes at a variety of times to see if the timing was part of the issue. I also wanted to provide practical, hands-on workshops."

The mission of the HAWC is to provide health and wellness information to the entire Tyndall community, including active duty, dependents, retirees, and government and contract civilians. The staff includes a health education program manager, two active-duty diet technicians and a fitness program manager. They provide a wide range of classes, commissary tours and education opportunities as well as par-

ticipate in health fairs, the base air show and other activities to get the word out about healthy eating and living a healthy lifestyle.

"The core nutrition courses, 'Diabetes,' 'Lowering Cholesterol and Triglycerides,' 'Hypertension' and 'Sensible Weigh,' provide information on the disease process and how changes in eating habits can make a difference, as well as information on what changes are the most beneficial," said Tonya Nash, HAWC health education program manager.

Other workshops like "Label Appraisal," "Restaurant Finesse," "Recipe Redo," "Dietary Supplements," "Eating on the Run" and "Meal Management" provide basic information and also have some hands-on activities so participants can apply the information to their own lives and eating habits, said Ms. Miller. The bagged lunch sessions, "Lunch N Learn," cover a basic topic and then participants are free to address any concerns or questions with the dietitian.

"The food demos have

been a popular activity in the past," said Ms. Miller. "Who doesn't like free food? The demos are a fun way for people to try new foods that are healthy and tasty."

"Airmen will benefit from the programs offered by improving their knowledge base," said Ms. Nash. "There are many nutrition messages out there we receive from a variety of sources that can get confusing. Our professional staff and registered dietitian are the nutrition experts and are here to provide evidence-based information that can be trusted to our base community throughout the year."

For more information, the Department of Defense National Nutrition Month resource packet is available online at www.usachppm.apgea.army.mil/for nutrition and physical activity-related materials and tools designed to help people establish and maintain good health.

For more information and a schedule of events hosted here, call the HAWC at 283-3826.

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Air Force takes lead on tri-service installation

Master Sgt. Orville Desjarlais Jr.

Air Force Print News

MCGUIRE AIR FORCE BASE, N.J. (AFPN) —

The Air Force is taking the lead in the nation's first triservice installation in the continental U.S. - which includes McGuire, Fort Dix and Lakehurst Naval Air Engineering Station.

What some media are calling a "Super Base," the merger is expected to reduce overall manpower and facilities, and generate savings by combining services such as grass cutting, road repairs, trash collection, custodial duties and snow removal.

"Since these installations share a common boundary with minimal distance (among) the major facilities, or are in close proximity, there is significant opportunity to reduce duplication of efforts," said Col. Rick Martin, 305th Air Mobility Wing commander.

He is taking the lead on the joint-basing initiative since McGuire is in charge of all the installation-management functions.

Although the management functions will consolidate, the three services' missions will not. The Air Force will continue to provide global mobility readiness and expeditionary combat support; the Army will continue to mobilize and train Soldiers; and the Navy will continue to assure fixedand vertical-wing aircraft operate safely from aircraft carriers, ships and expeditionary airfields worldwide.

"Airmen involved in their day-to-day mission won't see a change," the colonel said. "However, those involved with base security or waste management will be affected simply because those functions will be joint."

More than 20,000 people work and live on this 60square-mile installation, which has yet to be named. Some are calling it Joint Base New Jersey, while others have temporarily dubbed it Joint Base McGuire-Dix-Lakehurst.

Colonel Martin just calls it a good idea.

"None of us can accomplish our missions alone – we need the support of the other armed services," Colonel Martin said. "My greatest expectation is for us to build a culture where working jointly is the norm. We will live together, work together, train together, and when the need arises – we will defend our country together."

Army Col. David McNeil, the commander of Fort Dix, also sees the sunny side of the merger.

"We all fight together, so if we're going to fight together we need to work together to know each other and get to understand each others' cultures, and our systems, and our complexities, and our nuances about how we work together during peacetime so that we can better accomplish our mission during wartime," Colonel McNeil

And, he said, the interaction among the services is a definite bonus.

"We're going to be able to do more things with the Air Force and Navy by breaking down some barriers, which will enhance our teamwork, and we'll be able to share more resources," he said. "Our Soldiers will have more everyday interactions with their brothers and sisters in other services that they don't have right now."

After the merger, the U.S. House of Representatives and the U.S. Senate funded \$52.5 million in new construction projects for the combined base that includes a blend of active-duty, Guard and Reserve servicemembers, civil servants and family members.

The installation expects to receive nearly 800 more jobs generated by other beddown moves identified in base realignment and closure recommendations.

Other combined services include libraries, fitness facilities, base newspapers and installation maintenance.

Airman files false voucher, receives court-martial, fines

A Tyndall Airman was convicted he bragged to other Airmen about reof making a false claim during a special court-martial held Jan. 5 here.

Staff Sgt. Joseph Kempf, 325th Aircraft Maintenance Squadron, pled

guilty of violating Article 132 of the Uniform Code of Military Justice and admitted that he filed a false travel voucher in July.

Sergeant Kempf

filed a travel voucher worth nearly \$937 for travel expenses he claimed to acquire from evacuating Tyndall during Hurricane Dennis. He claimed he evacuated to Louisiana with his two children and two privately owned vehicles. However, Sergeant Kempf only evacuated to an alternate location within Panama City, and he did not take his children with him.

Sergeant Kempf was caught when *fice*)

ceiving the money, and one of the Airmen informed Sergeant Kempf's chain of command.

The military judge sentenced the

sergeant to hard labor without confinement for 90 days, reduction to senior airman and forfeiture of \$500 pay per month, for two months after reviewing the documentary

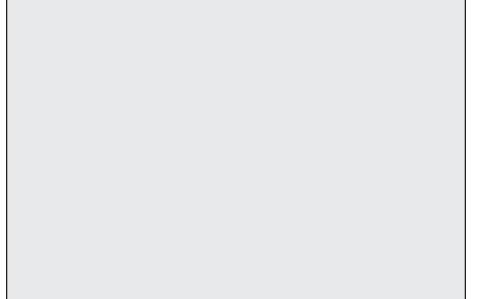
evidence, hearing testimony from witnesses and hearing arguments from government and defense coun-

"This case should serve to put all Airmen on notice that travel information should be reported truthfully, and if it is not, there will be severe penalties to face," said Capt. Rosemary Gilliam, trial counsel.

(Courtesy of the Base Legal Of-



Tyndall's AFAF campaign is from Feb. 27 - April 9. For more information, contact Senior Master Sgt. Trina Douglas at 283-8288.



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Associate Spotlight

Tech. Sqt. Tanya Ericson



Sergeant Ericson receives the Associate Spotlight award from Chief Master Sgt. Brad Hitzeman, NCO Academy commandant.

The Checkertail Clan salutes Sergeant Ericson who is successfully leading hundreds of students through 1,338 hours of rigorous enlisted professional military education curriculum. commanders. Award recipients receive a She exceeded unit training requirements by becoming flight instructor qualified three months early.

Duty title: NCO Academy flight instructor Time on station: Eleven months

Hometown: Atlanta

Hobbies: Spending time with my two dogs and riding my motorcycles Favorite book: "The Mermaid Chair" by

Sue Monk Kidd

Favorite thing about your unit: The joy of teaching a new team of students every

six weeks

Goals: Receive my bachelor's degree, make chief master sergeant and have financial stability at retirement

Proudest moment in the military: Being reenlisted by my uncle, a retired Air Force colonel

The Associate Spotlight is a 325th Fighter Wing commander program designed to recognize a Warrior from one of Tyndall's tenant units. Supervisors can nominate individuals via their squadron and group certificate from the wing commander and other items presented by their unit.



Beginning March 14, outbound Sabre Gate traffic will be rerouted through one of the inbound lanes to allow the contractor to move a water line. This will take approximately one week to complete.

After that work is finished, outbound traffic will again exit through the outbound lanes as it has since the beginning of the project.

The gate will be closed to all traffic for final paving for approximately three days beginning March 29.

During the total gate closure, all inbound traffic for the housing area will continue to use the School Road Gate, while all outbound traffic will be routed out the main gate at Illinois Ave.

After this work is completed, the new Sabre Gate will be open to inbound and outbound traffic.



Staff Sgt. Carey Morris



o

Sergeant Morris receives the Checkertail Salute Warrior of the Week award from Brig. Gen. Jack Egginton, 325th Fighter Wing commander.

The Checkertail Clan salutes Sergeant Morris, Base Legal Office. One of the first to voluntarily deploy to Keesler AFB, Miss., following Hurricane Katrina, she settled 190 claims, disbursing over \$540,000 to claimants. She also volunteered with the Salvation Army Disaster Response Team to distribute food. Duty title: Claims examiner

Time on station: One year, one month Time in service: Six years, 11 months Hometown: Grand Haven, Mich. Hobbies: Fishing, reading, volunteering,

bowling and hanging out with my family Favorite book: "Chronicles of Narnia" by

C.S. Lewis

Favorite movie: "The Wizard of Oz" Pet peeves: Laziness, lack of

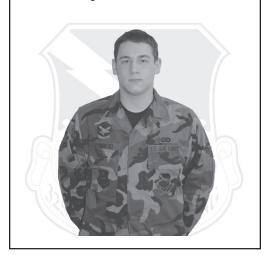
organization

Goals: Finish my bachelor's degree in criminal justice and attend law school Proudest moment in the military: The

birth of my two daughters

The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall's Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.

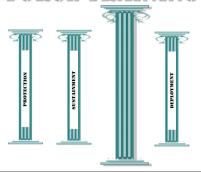
The Gulf Defender is published for people like Airman 1st Class **Christopher Tyminski, 325th** Air Control Squadron aerospace warning and control systems technician.





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FORCE TRAINING



Training Spotlight

What is the most beneficial lesson or experience students gain from Airman Leadership School?

his is a great course for teaching initiative to future leaders. It forces people to step up and work together to get the job done."



SENIOR AIRMAN JESSE STODA Airman Leadership School student

Student Focus

Off with the green belt, on to the AMU

AMU," said the Airman on graduation

For 20 days, he and four of his class-

mates applied their technical school

training to Tyndall's flightline operations.

"We learned how to launch, recover

CHRISSY CUTTITA

325th Fighter Wing Public Affairs

Five months ago, he was packing his bag to head to basic training with a dream of being in the fast-paced world of Air Force jet maintenance, and Monday he graduated his intense F-15 crew chief training.

Not only did the military give Airman 1st Class Eric Burgess his career choice, but they also gave him one of his top three locations, the 95th Aircraft Maintenance Unit here.

"I already got to meet my new supervisor while I was training in the squadron as a greenbelt, so I'm anxious to out-process here and get into the 95th

and service aircraft," said Airman Burgess. "You get the feel for working with a live, running aircraft." On graduation day, the class received certificates, a maintenance badge, and

a Community College of the Air Force credit certificate that will help them get their bachelor's degree in applied sci-

"It's cool because you feel like you've accomplished something great," said the

> Airman. "You tell the family and their pride in you makes you feel good."

> The graduated class already knew what their future assignments would be before they arrived at Tyndall for their last phase of training. They could have swapped locations with other classmates or denied their first set of orders within four days of notice at technical school, but Airman Burgess got what he wanted.

He said he didn't just want the warm weather – being from a colder climate in Akron, Ohio - he wanted to accomplish something great.

"Ever since I was a child I loved everything about stealth aircraft and anything that would go fast," said the new graduate. "It's sweet to hear the power of the F-15 and see what it can do knowing that you had something to do with it and that you had an impact on the mission."

The instructors had an impact on his motivation. The stories they shared of their own crew chief career made him look forward to reliving the experience for himself, he said.

"He's going to be an excellent crew chief," said Tech. Sgt. Andre Ancic, 372nd Training Squadron/Detachment 4 instructor. "He paid attention and took it seriously. I could rely on him as class leader."

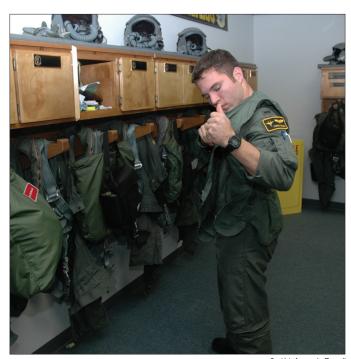
"Having a maintenance background really helps a lot," said Airman Burgess, who used to work on cars before enlisting. "Future greenbelts have to know what they are getting into and have to be a hard worker to be in this career field. The payback to that work is knowing you are a part of something great."

Although he enjoys working on Eagles, he hopes to move to F-22A Raptor maintenance at some point in the 20 years he plans to spend as a crew chief.

"In my high school JROTC, I followed the making of the F-22 history and I want to head there next," he said.



Airman 1st Class Eric Burgess receives his maintenance badge from his instructor, Tech. Sgt. Andre Ancic.



On the edge

1st Lt. Jarrod Aranda, 2nd Fighter Squadron F-15 Basic Course student, adjusts his combat edge vest as he prepares for a basic fighter maneuvers mission. Pilots and life support technicians ensure the gear fits and functions properly before every sortie.

Mission Ready Airmen (F-15 Eagle crew chiefs) student progress chart 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Class # March 14 2006034 March 15 2006035 March 17 2006036 March 22 2006037 March 24 2006038



Airman 1st Class Josh Welch and Staff Sgt. Brian Ensley, Combat Dive Course students, reach the shore after a closed circuit dive.

Air Force dives into first combat dive school

First service-owned class of 17 graduates

STORY AND PHOTOS BY CHRISSY CUTTITA

325th Fighter Wing Public Affairs

This was the final test.

An underwater compass and a buddy harnessed three feet from their bodies provide direction.

A 25-pound breathing device strapped to their chests provides vital oxygen while subsurface without making surface "bubbles."

A 50-pound rucksack and weapon weighted on their backs are the tools they'll need to



CDC graduates say goodbye and thanks to their instructors after completing the course and swimming thousands of meters.

infiltrate the beach when they get there.

These teams of two kick subsurface in murky water 2,000 meters to reach the shore.

They have to hit a precise targeted objective there, without being spotted by anyone, on boat or land.

Fortunately, they succeed.

The new Air Force Combat Dive Course graduated its first-ever class of 17 special operations Airmen March 2, after students completed more than six weeks of high-risk rigorous training at the Panama City Naval Support Activity's shoreline.

To get there, the graduates had to build underwater confidence and teamwork.

"They are excited to be here and find an amount of ownership in being the first class," said Tech. Sgt. Marshal McClanahan, CDC NCO in charge of operations, who applies his former Marine force reconnaissance skills to the training he provides in the Air Force. "They'll eventually meet others in this career field and share the experience with them. There is camaraderie in this small community service wide."

The Air Force CDC is just one of nearly 10 schools the special operations students attend to become completely qualified in their career field. They are on their way to becoming pararescuemen, combat controllers, combat rescue officers or special tactics officers.

Pararescuemen are trained medics prepared to recover and rescue people in all types of environments. They need to get to the location by any means available – parachuting, repelling off a helicopter, ice climbing or diving into rough waters.

Combat controllers manage air space wherever close air support needs to be coordinated.

Combat rescue and special tactics officers are the leaders within the ranks, and they train side by side with their troops.

Graduates here came from all walks of life. The youngest Airman joined the Air Force less than two years ago. The oldest classmate cross trained from another Air Force career field in hopes of meeting a greater personal challenge and service to country.

"I did a lot of resear ries on Web sites befo expect the length of tin fully completed," said seph Akens, CDC stucpart of the first Air Fo

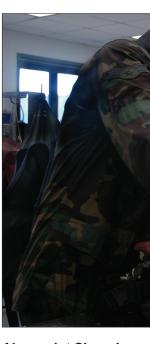
"The most challenging remembering all you plus knowing all the tac putting it into practice Stevens, CDC studen years of experience in combat control future.

But no matter where share a bond in what I of a small, unique milit seen their class numbe the early stages of trato be seriously graded they are not the hand ranks throughout techn

Pool week is the mo

"No one likes to be unable to breathe," said Commander. "That's who do these special job comfortable under the their equipment to complace by instructors. To nation and the Combat pare these men for this derwater confidence is there, and the reason the hardest they will have the

It's for that reason dive school are spent in gliving physics, decing physiology, life-sa



Airman 1st Class Jason second dive. During clo break in between to ens

ture

ch online and read store joining, but I didn't me training takes to be I Airman 1st Class Jodent. "It's cool to be a price CDC."

ng part of this course is have to do to be safe ctical information while to," said Tech. Sgt. Don t, who applies his 10 a security forces to his

they come from, they lies ahead as members ary family. Some have or go from 100 to 20 in ining, and all continue by instructors, hoping ful who fall from the nical training.

ost challenging part of nstructors.

derwater without being lapt. John Graver, CDC by it takes special people as. These men must be water and familiar with rect deficiencies put in the Pararescue Indoctri-Control pre-scuba precaliber of training. Unhe most important thing his course is one of the to complete."

the first two weeks of n the classroom learnompression tables, divving skills and aquatic knowledge of tides, waves and currents.

Pool week is an intense test in buddy rescue, equipment donning and loss-of-breath exercises so the students will be ready to handle the situations that may face them in open water. A typical scenario consists of having to retrieve a lost breathing hose by holding their breath for one minute while untangling their equipment or sharing an airway with a buddy.

During the last 12 days, they learn closed-circuit diving in open water. The difference from open circuit is the breathing equipment. Instead of using the 80-pound oxygen tanks most scuba divers use, they use the sophisticated Mk-25 breathing system that allows them to circulate their own air through a tank up to 20 feet subsurface.

"It's not natural for anyone to do what we do but it becomes natural with training like any part of our everyday activities like brushing our teeth," said Senior Airman Phil Dreyer, CDC student.

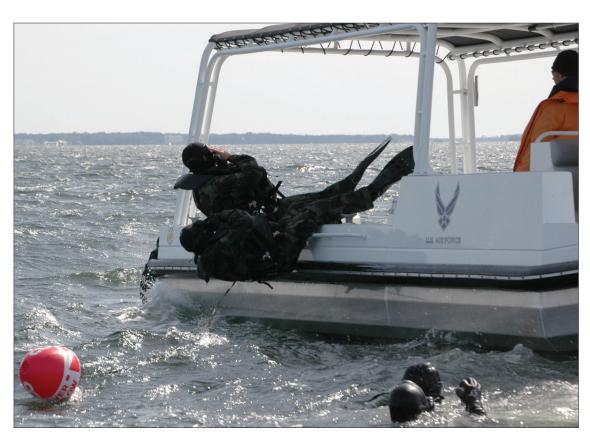
The student compares his future pararescue career with the New York Air National Guard to the characters in the movie "The Perfect Storm," who acted as members of his unit on a rescue mission.

"We have to give to the instructors what they give to us and live up to their expectations," said Airman Dryer. "They build our confidence."

For one year, instructors developed a curriculum before bringing in its first class of students. They put their combat experience and teaching techniques they learned from other military services into the class requirements.



Schiffer, CDC combat controller student, prepares his Mk-25 for a osed-circuit training, students dive twice a day with only a short sure their equipment is still operating correctly.



CDC students dive backward from their boat to submerge into the Gulf waters.

"We tie everything we do operationally into training to try and get students to think and act like good operators, whether they are in the water or not," said Tobin Berry, CDC instructor. "They have to be able to mentally think and react to solve problems both underwater and in combat."

The new combat dive school is prepared to host six classes a year and 40 students each class to meet the Air Force's increased need for divers since 9/11. Before this year, students attended an Army Special Forces combat dive course in Key West, Fla. In 2004, the Air Force hosted its own course at the naval station in Panama City because of their need to increase graduates and the available infrastructure at the naval station, said Captain Graver.

"We are able to start a whole new chapter in the book for the Air Force," said Sergeant Berry. "This is a huge accomplishment for all of us."



Tech. Sgt. Sean McGinley, instructor, inspects Airman 1st Class Conor Wesling, CDC pararescueman student. Instructors inspect each student before the students dive to ensure their equipment is connected correctly.

Sports

NCOA instructor gives his military career a 'kick'

CHRISSY CUTTITA
325th Fighter Wing Public Affairs

By being able to apply his martial arts way of life to his Air Force career, an NCO Academy instructor feels he can be the best at any duty the service gives him, especially the opportunity to add kickboxing to the curriculum.

NCO Academy students and staff are raving about the benefits of what instructors are calling "Kinchenbo," an intense cardio workout taught by one of their own, Tech. Sgt. Clifford Kinchen.

"It's an empowering activity unlike other sports because the efforts are all your own," said Sergeant Kinchen, who's been living and studying martial arts since he was 12 years old. "It teaches you self reliance, confidence and self-defense."

These are all qualities that enhance leadership, he said. Having confidence enriches decision making, public speaking, mentoring Airmen and other areas of management technical sergeants are taught at the NCO Academy.

"We started his kickboxing class on a trial basis, and students liked it so we kept it," said Chief Master Sgt. Brad Hitzeman, NCO Academy commandant, who was looking for something different for the academy's physical fitness instruction. "We are the only academy to have

it, and I'm going to keep it as long as he is here."

The martial artist character embodies the Air Force Core Values, said Sergeant Kinchen

"You practice all the time, always wanting to get better while knowing that you'll never get to perfection, but the journey is what it is all about," he said. "I'm going to be doing this forever. For me, it's not just an activity you do; it is a way of life. I'm not practicing martial arts, I am a martial artist."

"I love it because of his motivation," said Tech. Sgt. Rebecca Bobick, personnel manager, who is losing body inches from being in the class. "He knows what he is talking about and has so much experience."

Sergeant Kinchen teaches both the cardio aspect of kickboxing and the proper technique of doing the moves. Some students and instructors in the class take it even further by developing their new skills on a fitness center punching bag or signing up to take classes outside the academy.

"You're working muscles and cardio at the same time so it's extremely challenging," said Tech. Sgt. Jason Filsky, NCO Academy student. "It's similar to Tae Bo but different."

By having to understand how students



Chrissy Cuttita

Tech. Sgt. Clifford Kinchen, right, teaches kickboxing techniques to NCO Academy students as an alternative to their physical fitness session.

and opponents move and behave, Sergeant Kinchen also feels he has developed a skill for being able to understand all types of people.

"I can deal with a variety of people in a variety of situations because martial arts are conceptual and philosophical," he said.

Growing up in an inner city environment, Sergeant Kinchen quickly learned he needed to keep himself out of trouble. He picked up every book he could find on martial arts and followed friends to karate classes.

"I enjoyed reading about the Budo culture, the way of the warrior," he said.

"You learn all about these guys who can kill you in an instant, yet they are there to help you and are very humble. It's a yinyang balance."

His thirst for knowledge on a variety of martial arts started his personal journey to the black belt he has in tae kwon do and the kickboxing championship belt he earned, plus knowledge of many other forms, he said.

That same desire to learn also helped him become a senior-ranking leader in the Air Force's enlisted force and made him the humble, respected leader he is to his peers.

'Save your life' program promotes weight loss, fitness



2I t Will Powell

Senior Airman Nancy Aparicio, 325th Medical Operations Squadron, checks the blood pressure of Tech. Sgt. Christopher August, 372nd Training Squadron/Detachment 4, at the base track during the "Save Your Life" kick off.

2nd Lt. Amanda Ferrell

325th Fighter Wing Public Affairs

Runners set their watches and scoped out the competition.

At the starting line, more than 70 participants gathered for the 5K fun-run and walk event kicking off the "Save Your Life" weight-loss challenge organized by the Health and Wellness Center and Fitness Center.

"The race is on for the 'Save Your Life' campaign," said Dean Fazzio, HAWC fitness program manager. "Now we'll see who will be Tyndall's top three successes in the weight loss challenge."

The 5K "Save Your Life" event made an impact on those who attended the race. Participants challenged themselves in one of the first 5K races of the season here.

"I personally participated in the 5K run for the challenge," said Senior Master Sgt. Stephen Ullmann, 325th Medical Group first sergeant. "Running with a large group makes for a fun event while

at the same time helps set a good running pace for my ability."

And there is always the benefit of esprit de corps when you're involved in a group fitness activity, he said

The "Save Your Life" campaign, which is a program developed by fitness program managers at the HAWC and Fitness Center, is a contest that tallies points earned from group exercise classes, completing healthy living assignments and attending the Fitness Center equipment orientation.

"Members will also receive points based on the total amount of weight they lose during the 12-week program," said Mr. Fazzio.

The top three participants earning the most points are awarded one-, two- and three-day passes, he said

The program works to motivate participants, track their progress and provide information on healthy

• SEE LIFE PAGE 15

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Grid program gets Airmen fit to fight

2nd Lt. Amanda Ferrell

325th Fighter Wing Public Affairs

"At war in the desert, there are no elliptical trainers," said Lt. Col. (Dr.) Daniel Kulund, 325th Medical Group orthopedic surgeon and chief of the medical staff.

You must create an environment of opportunity, a "virtual obstacle course," and learn to train like a war fighter, he said.

Scheduled every Friday afternoon at 3 p.m. in Heritage Park, Dr. Kulund leads a fitness program that teaches Airmen how to exercise in any environment. Global readiness individual development training combines a series of low and high impact activities to maximize the cardiovascular and anaerobic benefits of exer-

Founded on ideology used by Greek and Roman military soldiers, the program focuses on movements that simulate war-fighting postures.

Lifting a 10-pound bar during workouts to simulate carrying an M-16 in combat is effective training, said Dr. Kulund.

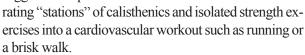
Exercises tailored to specific Air Force Specialty Codes help Airmen develop the physical strength and endurance needed to accomplish the mission, in the office and while on deployment, he said.

Those who participated in the first training session, which was held last Friday, learned the principles of the program and were taught introductory calisthenics. Dr. Kulund also taught the basics to creating a "virtual obstacle course" and demonstrated calisthenic movements used as part of a dynamic warm-up routine.

"A wealth of information was presented in effort to aid active duty members with their exercise regimen and their job performance while deployed," said Tech. Sgt. Toni Pryor, Headquarters Air Force Civil Engineer Support Agency commander's support staff. "Dr. Kulund also informed us on how to maximize our exercise routine so that we can excel on your Air Force fitness test," she said.

"The exercises we learned didn't require the use of a gym," said Tech. Sgt. Andre Ancic, 372nd Training Squadron, Detachment 2 F-15 crew chief instructor. "So if I was deployed and working weird hours, I wouldn't have to focus on making it to the gym to exercise."

The program suggests incorpo-



"The (GRID) program or similar circuit training programs, work on the whole person concept," said Tech Sgt. Christ August, 372nd Training Squadron/Detachment 4 armament Instructor.

This mode of thinking prevents repeat injuries and builds a long lasting variety of workouts, he said.

"I utilize a full body weight routine through circuit training three days a week and I do cardio the rest," said Sergeant August. "Dr. Kulund's workout is essentially the same with military intent."

The program is intended to transition current unit physical training sessions into workouts that provide greater specificity to AFSCs and combat situations encountered while deployed. Dr. Kulund encourages squadrons to incorporate the GRID program into their official PT programs.

"The program makes working out fun," Sergeant Ancic said. "And it will help everyone become more educated on the proper way to exercise and help everyone get in shape for today's Air Force requirements."



2nd Lt. Amanda Ferrell

Lt. Col. (Dr.) Daniel Kuland demonstrates calisthenic exercises to participants in Tyndall's first GRID workout session March 3.

FORCE SUSTAINMENT

Intramural Sports Standings

Basketball Final

<u>Over 30</u> AMXS 67 Comm 55 <u>Intramural</u> **AMXS 1 57 ACS**

IAM

MXS₁

MSS₁

MSS 2

Test

AMMO

325 CES

83 FWS 1

1st AMU 1

oss

601st 2

MXS-Phase 1st AMU 2

AMXS



Team AMXS poses with thier over-30 basketball trophey.

		Bow	/ling
<u>Team</u>	W	L	l Tea
1st AMU 3	131	77	601
SFS	131	77	NC(
601st 2	128	80	AFO

126

121

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116

116

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111

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106

106

<u>L</u>	<u>Team</u>	W	L
77	601st 1	102	106
77	NCOA	102	106
80	AFCESA	100	108
82	RED HORSE	98	110
84	CS 1	98	110
87	SVS	97	111
92	ACS 1	94	114
92	ACS 2	94	114
92	83 FWS 2	91	117
94	53rd WEG	90	118
94	CS 2	88	120
97	CONS	87	121
100	AAFES	80	128
102	Med Gp	78	130
102	MOS	77	131
102	1FS	72	136

March Madness fans predict who is going to the 'big dance'

"This is by far my favorite time of the year," said March Madness and college basketball fan Michael Zarate, 325th Services Squadron.

"For all of those who don't know it yet, the North Carolina Tar Heels are going back to the Final Four, if not all the way again," he said. "They may be a team of 'diaper-dandy freshmen,' but the key word is 'dandy,' not 'freshmen.' They will boar through the competition in the tournament, just like they did to Duke on Saturday at Cameron Indoor Stadium, land of the Crazies"

Another fan also cheers any time Duke loses.

"If Duke stays alive, I will have a nessee teams going head to head. "The reason to watch the games, just hoping they lose," said Thomas Poplin,

325th Mission Support Squadron, a distressed UK Wildcat fan. "I am still not over the Duke game in 1992 and hate the fact that many people say that was the best game in the history of the tourney."

"Many will call me crazy, but this is the year of upsets," said Derrick Hill, 325th Air Control Squadron, who looks forward to Tenteams to watch for are Northern Iowa because this mid-major team is scary

> good and Kansas because they are getting hot at the right time."

So now the question March Madness fans wait until Sunday to answer is will their team make it and who will be

eliminated in round one.

Courtesv Photo

So let's get out there and watch some basketball!

Editor's note: College Basketball's "March Madness" begins March 16. Team selections will happen Sunday.

That's why the Gulf Defender is reaching out to you, Team Tyndall, to hear what you think will happen during the tournament.

In the spirit of the Pig Prog competition, we'll take your picks for who's going to the next round and where you think they are headed in weeks to come. What we need from you are e-mails telling your predictions. We'll print your responses.

Send all comments editor@tyndall.af.mil.

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Gulf Guide

Briefs

Tricare briefing for all beneficiaries

There is a Tricare briefing 10 a.m. Thursday in the 325th Medical Group dental clinic conference room, first floor.

Refill pharmacy services

Refill pharmacy services are 9 a.m. to 5 p.m. Monday-Friday and closed on weekends and holidays at the Tyndall Clinic's information desk, on the first floor of Bldg. 1465 near the front door. To refill prescriptions, call 283-7177, 1-800-356-5273, or try the new information line, 283-2778 and press option 2 twice.

Embry Riddle deadlines

Embry Riddle Aeronautical University here starts their Spring B 2006 Term March 20. Senior registration dates start Tuesday and end today. Open registration is March 13-17. March 20-27 is the add/drop period. Registration is at the Tyndall Education Center, Bldg. 1230, Room 48 from 8 a.m. to 4:30 p.m. daily. For more information, call 283-4557.

OSC scholarship applications

Scholarship application packets are currently available at schools for highschool seniors and spouses, and can be picked up at a school counselor's office by 3 p.m. today. Late applications are not accepted. For more information, call Shannon Urban at 648-8229.

LOA scholarships

Tyndall's Logistics Officer Association is providing two scholarship opportunities next semester. One is for an enlisted member in a logistics specialty who is pursuing a bachelor's degree and a commission as a logistics officer. The other is for any dependant of a Team Tyndall member who is a college-bound high-school senior pursuing a commission in the Air Force. Templates are available at the education office. Submissions must be sent by April 1 to andrew.overton@tyndall.af.mil. For more information, contact 2nd Lt. Andrew Overton at 283-4402.

LOA Golf Tournament

The Tyndall Logistics Officer Association will be hosting an annual LOA scholarship fund golf tournament noon



Incoming!

Two members of the Golden **Knights Army parachute** team descend into Notre Dame Stadium, Ind. The Golden Knights will be performing in the Gulf Coast Salute Open House here April 22-23. The team was created in 1959 and have performed more than 14,000 shows in 49 countries.

Course. Sign up begins at 11 a.m. The entry fee is \$40 per person or \$150 per four-person team until March 23 and \$45 per player on the day of the Tournament. The fee includes green fees, cart rental and lunch. Prizes will be awarded to 1st, 2nd and 3rd place. All money raised will be used to support two scholarships for a Team Tyndall member and family member desiring a commission in a logistics career field. For information and sign up contact 2nd Lt. Oscar Ramos at 283-2192 or oscar.ramos@tyndall.af.mil.

Gulf Coast Community College closes for spring break

Spring Break for Gulf Coast Community College students is March 27-April 2. All GCCC offices will be closed March 30-April 2. The summer and fall schedules will be available April 10 with early registration 8 a.m. to 4 p.m April 12 at the Tyndall Center. For more information, call 283-4332.

HAWC offers nutrition class

"Super Charge Your Breakfast," a nutrition seminar, is scheduled for 1 p.m. March 17 at the Health and Wellness Center. For reservations and information call, 283-3826.

Virtual obstacle course

Fitness workshops start at 3 p.m. today at Heritage Park and continue every Friday. Learn how to create a training plan for any environment. For information, call March 24 at the Pelican Point Golf Lt. Col. (Dr.) Dan Kulund at 283-7717.

Air Force career opportunities

The Air Force General Officer Management Office is soliciting enthusiastic, mature, professional applicants with a solid record of performance and interpersonal communication skills to compete for openings at Yokota AB, Japan and Belgium. For additional information and list of requirements visit www.dp.hq.af.mil/ afslmoea or contact Master Sgt. Kevin Carpenter at DSN 225-5910 or kevin.carpenter@pentagon.af.mil.

Thrift Shop hours

Consignments are 9:30 – 11:30 a.m. Wednesdays through Thursdays. The Thrift Shop is in Bldg. 743, across from the Post Office. For more information, call 286-5888.

Airman's Attic

Family Services and the Airman's Attic are open from 9 a.m. to 1 p.m. Monday-Friday in Bldg. 747. For more information, call 283-4913.

Voting for primaries assistance

Tyndall's voting assistance office assists Airmen with registering to vote in their upcoming state primaries over the next several months. For information and a voting schedule, contact Maj. Andy Dean at 283-2121 or Capt. Robert Anson at 283-0849.

Road construction

Speed bumps will be installed in front of the Fitness Center March 20.



Catholic services

Daily Mass, 11:30 a.m. Monday-Friday, Chapel Two Reconciliation, before Saturday Mass or by appointment Saturday Mass, 5 p.m., Chapel Two Sunday Mass, 9:30 a.m., Chapel Two Religious Education, 11 a.m., Bldg. 1476

Protestant services

Traditional worship service, 9:30 a.m., Chapel One Contemporary worship service, 11 a.m., Chapel Two Wednesday Fellowship, 5 p.m., Chapel Two

(For more information on other services in the local area, call the Chaplain's office at 283-2925.)

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• From LIFE Page 12

weight management.

"Participants are coached on how to make changes that can affect them and their families for the rest of their lives," said Mr. Fazzio. "We brief safe methods of starting or modifying activity, behavior and eating," he said.

The health and fitness movement is sweeping across Tyndall and it's catching the attention and support of young Airmen and seasoned commanders alike.

"I was ecstatic because we signed up 30 individuals for the 'Save Your Life' program," said Col. George Nicolas, 325th Medical Group commander. "I think it shows that we not only believe our health is important, but we are out there making personal commitments to get healthy.

"It's important as the senior medic for the wing that I walk the walk if I talk the talk," he said.

While the "Save Your Life" weight-loss competition is open only to qualified active-duty personnel, all Department of Defense cardholders are encouraged to participate in fitness events around Tyndall.

"I was happy to see a good cross-section of the base population at the 5K run/walk," said Sergeant Ullmann. "There was great representation from both 325th Fighter Wing and associate unit personnel. I was also happy to see some of my fellow first sergeants in attendance. It shows that fitness has really become a part of our regular routine rather than just a once-a-year test."

The classes have begun, but Airmen can still use weight-loss techniques taught during the "Save Your Life" program to modify their lifestyle, said Mr. Fazzio.

Those interested in weight management information can contact their unit's fitness program manager for the link to online HAWC education classes.

"New classes and success plans will be posted every two weeks for the next 90 days," said Mr. Fazzio.

"Whether you need help changing an unhealthy lifestyle or want to improve your Air Force fitness test score, the HAWC is a great resource," said Sergeant Ullmann. "The 'Save Your Life' campaign is just one of their health improvement programs."

AETC special duty team to visit

Have you ever been interested in becoming a recruiter, military training instructor, military training leader, technical training instructor, or professional military education instructor?

If so, the AETC special duty assignment team will discuss this opportunity during a briefing p.m. March 24 at the Enlisted Club.

Members of the Recruiter Screening Team and the MTI Recruiting Team will conduct the briefing. Airmen first class with at least 24 months time in service through master sergeant with less than 17 years Total Active Federal Military Service are invited to attend the briefing. Enlisted personnel from all Air Force Specialty Codes who meet the previously identified criteria are eligible to apply for these positions and are encouraged to attend the briefing. Spouses of potential applicants are also invited.

"Recruiters are responsible for the number and quality of young men and women who enlist and

	begin their Air Force careers. We are the first to touch the lives of our future airman," said Master Sgt. Andrew Sites, NCOIC of the Recruiter Screening Team. "One of our best entitlements is SEE BRIEFING PAGE 17

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Funshine NEWS



www.325thservices.com

 $\langle\!\!\!\langle \mathsf{Log} \mathsf{\ onto \ the \ NEW \& \ IMPROVED \ Web \ site} \, \langle\!\!\!\langle \mathsf{T} \mathsf{\ constraint} \rangle\!\!\!\rangle$

www.325thservices.com

All ranks at the O' Club

Sunday Brunch!

March 19 10 a.m. to 1 p.m.

\$9.95

*Members, show your club

card to receive a \$1 discount!

Menu Includes:

- Carving station
- Omelets (made to order)Belgian Waffles
- Sausage
- Bacon
- Hash browns
- Fresh fruit
- Muffins
- Danish
- Biscuits & gravy
- Scrambled eggs

Stattibled eggs

For details, contact 283-4357.

St. Patrick's Day Parties
O'Club and E'Club

March 17 4:30 p.m.

Green beverages
Party favors
Irish food
Give-a-ways
DJ

For details, contact 283-4357

Free Movie Nites

Tonight at the Pizza Pub

Walk the Line - (Rated PG-13)

He picked cotton, sold door to door, and served in the Air Force. He was a voice of rebellion that changed the face of rock and roll. An outlaw before today's rebels were born - and an icon they would never forget. He did all this before the early years of the music legend, an artist who transcended musical boundaries to touch people around the globe. For details, contact the Pizza Pub at 283-3222.



Showtime 8 p.m. Pizza Pub open during the movie.

during the movie.

Youth under the
age of 16 must be
accompanied by an adult

Thursday at the Community Center

The Chronicles
of Narina - (Rated PG)

The book tells the story of Peter, Susan, Edmund, and Lucy, who are separated from their parents in London during the German air raids of World War II. They are sent to the country for safety and find a magic wardrobe that transports them to the mystical world of Namia, a once peaceful land of talking beasts, dwarfs, and gaints. However, Narina has been frozen by the evil White Witch, and the kids must help the lion Aslan break her spell. For details, contact the Community Center at 283-2495.

Showtime 6 p.m. Pizza Pub open during the movie.

Youth under the age of 16 must be accompanied by an adult

Yes No D



Attention Team Tyndall: Place a free classified ad in the Gulf Defender

Military classified ads are placed in the Gulf Defender on a space available basis. Ads must be for a one-time sale of personal goods and should include a complete description, 30 words or less, of item being sold. Forms must be turned in by 2 p.m. Thursday for publication in the following Friday's Gulf Defender. Completed forms can be dropped off or mailed to the 325th Fighter Wing Public Affairs Office at 445 Suwannee Rd. Ste. 129, T yndall AFB, FL 32403, or faxed to 283-3225. Ads can also be sent in by e-mail to checkertailmarket@tyndall.af.mil.

Rank/Name

Unit/Office Symbol

Duty Phone

Home Phone

Item description (One ad per form)

(30 words or less)

We value your opinion!

Take a couple of minutes to give us your thoughts on how we can make the Gulf Defender better:

Did the front page grab your Yes □ No □ attention?

Do you feel there is a good mix of Yes □ No □ local, command and Air Force-level news?

Yes □ No □ | Do the photos encourage you to

Is the Gulf Defender easy to read

read accompanied articles?

and follow?

What did you find most interesting in this week's paper?

If you could change one thing in the paper, what would it be?

Comments:

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the opportunity to choose your own recruiting assignment from more than 1,100 possible locations."

"Everyone remembers their MTI," said Master Sgt. Antoinette Williams, MTI Recruiting Team superintendent. "The MTI sets the stage for each individual's success in the Air Force and mentors hundreds of new Air Force members. The job is filled with substantial rewards for those who want to have a hand in molding our future Airmen. Besides these intangible benefits, we also are entitled to Special Duty Assignment pay and an annual supplemental clothing allowance."

The team can expedite the processing of an applicant's special duty application if they bring the completed application with them to the briefing. To obtain a copy of the AETC special duty application, contact the wing career advisor, Senior Master Sgt. Al Lewis, at 283-2222.

(Courtesy of the Tyndall Professional Development Center)

SVS: Supporting combat troops here, overseas

MASTER SGT. MARY MCHALE

325th Fighter Wing Public Affairs

Providing agile combat support is only a portion of their duties. They are responsible too for base mortuary affairs, search and recovery operations, and also the base honor guard program.

They are the members of the 325th Services Squadron combat support flight and its members also include Airmen from food service, lodging, the physical fitness center, and the base library.

"We manage over 35 programs to include ancillary and Services combat warrior training," said Master Sgt. Bryon Nelson, readiness and mortuary affairs superintendent.

To accomplish their mission, Sergeant Nelson said flight members work with several organizations around the base, such as the 325th Mission Support Squadron personnel flight and the 325th Civil Engineer Squadron readiness flight.

The superintendent said deployedarea support training occurs locally at the Silver Flag site on base. There, training topics cover constructing, operating and maintaining servicesoriented facilities at deployed locations.

"Our areas of instruction include wartime mortuary, field-feeding operations, fuel-fired equipment, small-shelter system erection, field lodging, contracting and field feeding platforms," said Tech. Sgt. Dale Filsell, 823rd REDHORSE/Detachment 1 PRIME RIBS contingency instructor. "The training that we provide ensures all Services personnel are



Courtesy photo

Senior Airman Byron Harts, 325th Services Squadron, lights an M-67 immersion heater to support combat food service operations during the squadron's annual home station training here.

air expeditionary force ready when they are deployed to the area of responsibility. Without this valuable training, it would be difficult for our Services personnel to provide the quality of life programs we are able to offer when we are deployed into the field. This training is crucial to all of our personnel to ensure that our readiness mission is accomplished."

"We have a great relationship with Silver Flag," Sergeant Nelson said. "They are a big advocate of the success of our program and extend great hospitality to ensure our mission success.

But not all their combat support skills apply to far-flung deployed locations. Sergeant Nelson said when Hurricane Katrina hit, the flight packed up 30 people and supplies within six hours, had food ready for distribution to include hot meals four and a half hours after they arrived on scene at Keesler AFB, Miss. He said the flight helped serve 5,500 relief workers and military the very first day.

Additionally, flight members work locally to support families of those deployed – making periodic phone calls to pass along information and ensure all the family's needs are taken care of during a member's absence.

"Two things I like most about this job is that I get to gain knowledge about the bigger picture and the fact I can help people outside our unit as well as inside," said Sergeant Zarate.

"The training, teamwork and commitment to the mission in our squadron is outstanding," Sergeant Nelson said. "No matter the issue, everyone gets on board and works together."

tor. "The training that we provide ensures all Services personnel are	packed up 30 people and suppli within six hours, had food ready f	

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Airmen provide Iraq's air force a place to call home

Master Sgt. Will Ackerman

447th Air Expeditionary Group Public Affairs

NEW AL MUTHANA AIR BASE, Iraq (**AFPN**) — Iraq's new air force flying operations have received much publicity recently. But a military must have a base to call home. A team of U.S. Airmen spent more than a year helping the Iraqi air force establish its "only" base with a support unit.

About a year ago, the New Al Muthana Air Base was just a shell. The base, about eight miles southwest of Baghdad and adjacent to Baghdad International Airport, had an old aircraft hangar that suffered substantial damage from the coalition war against the old regime.

But like a phoenix rising from the ashes, the American Airmen helped their Iraqi partners raise the new air base from the ground up. The Iraqi Ministry of Defense formally stood up the new air base and its C-130 Hercules unit, the 23rd Squadron, in a ceremony March 7.

"The place was just a construction site," said Capt. Greg Holmgren, Multinational Security Transition Command Iraq, Coalition Air

Force Transition Team base defense adviser. "One of the greatest things about coming here when the place was torn up has been watching the place develop."

Although civilian contractors built facilities including dormitories, operations offices and a dining facility, Airmen trained the Iraqis about mission support functions including communications, security forces, civil engineering, contract monitoring and unit administration.

"Everything we are accustomed to on an Air Force base, these folks spent unlimited time to get (the Iraqi airmen) to understand the way a base should be run," said Col. Richard Haddad, the senior transition team director here.

For both the flying and base support operations, communication equipment is critical. As a U.S. communications adviser here, Staff Sgt. Timothy Ragel has helped the Iraqi airmen plan and start to build their communications infrastructure.

"Most Iraqis talk on wireless phones, because (landline) infrastructure is just not here in Iraq," he said.

He's also trained them in basic communication skills such as computers, tactical radios, hardware switches and routers. Although the United States gave the Iraqi airmen some computers to get started, not everyone will initially have a computer.

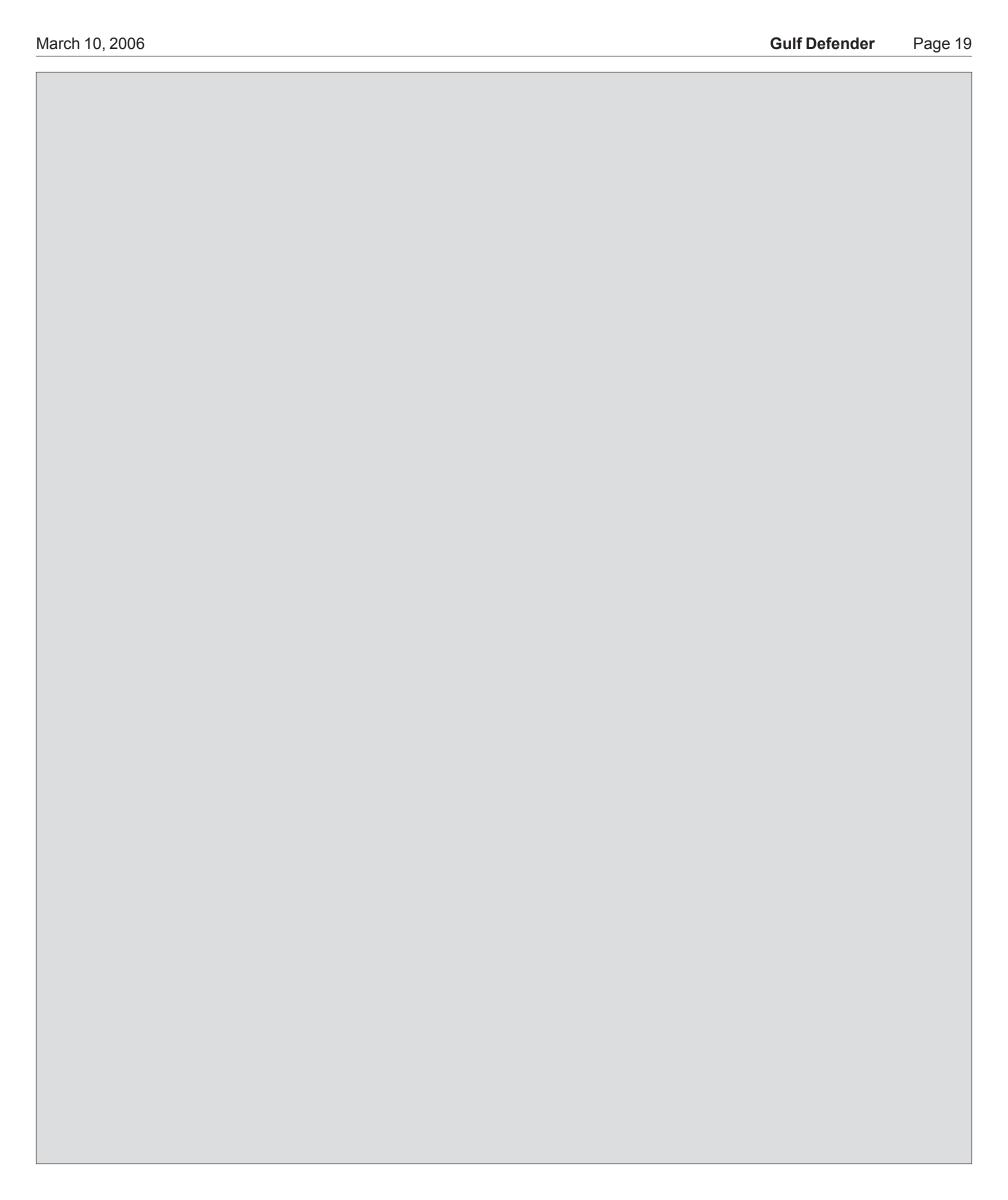
"The biggest challenge is getting them up to speed with technology," Sergeant Ragel said.

Although the American civil engineers have not built the buildings that make up the new air base, they are teaching the Iraqi airmen to ensure the contractors' work is up to acceptable building standards. But the main focus now is teaching the Iraqis how to maintain the new facilities.

To ensure the security of the new air base, Captain Holmgren teaches the Iraqis how to protect it. He's helped them establish and operate an armory and run a security forces flight plus he taught them different base defense skills.

"The safety and security is critical to this base," he said. "We want to put them on their feet so they can ensure positive security once we are gone."

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